

Advisory Council on Aging and Disability Services

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Creating choices for elders and adults with disabilities in Seattle-King County

MONTHLY MEETING

MARCH 11, 2005

MEMBERS PRESENT

CITY OF SEATTLE	KING COUNTY	UNITED WAY
<input checked="" type="checkbox"/> Thelma Coney	<input checked="" type="checkbox"/> Gabriel Cohen, Vice	<input checked="" type="checkbox"/> Martha Becker
<input checked="" type="checkbox"/> Joanne Brekke	<input type="checkbox"/> Helen Spencer	<input type="checkbox"/> Lorna Stone
<input checked="" type="checkbox"/> Adam John	<input type="checkbox"/> John Holecek	<input checked="" type="checkbox"/> Thelma Pegues
<input checked="" type="checkbox"/> Alexandra Tu	<input type="checkbox"/> John Barnett	<input type="checkbox"/> Timmie Faghin, Chair
<input checked="" type="checkbox"/> Tom Rasmussen	<input checked="" type="checkbox"/> Larry Verhei	<input checked="" type="checkbox"/> Don Moreland
<input checked="" type="checkbox"/> Larry Low, Secretary	<input checked="" type="checkbox"/> Lisa Yeager, Member At Large	<input type="checkbox"/> Suzanne Wiley
<input type="checkbox"/> Houston Brown	<input type="checkbox"/> Vacant	<input checked="" type="checkbox"/> Midge Levy
<input checked="" type="checkbox"/> Dr. Robert Gross	<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant
<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant	<input type="checkbox"/> Vacant

Excused Absence Helen Spencer, John Barnett, Houston Brown, Suzanne Wiley, Timmie Faghin

Guests Shania Belgarde, Angela Baker, Art Mussman, Lisa Turner

ADS Staff Pamela Piering, Rosemary Cunningham, Linda Wells, Karen Winston, Margaret Casey, Maria Langlais, Marcy Kubbs and Andrea Yip

United Way Staff Linda Woodall

**King County
Staff**

FINAL MINUTES

Gabe Cohen, Vice Chair convened the Advisory Council meeting at 12:00 p.m. and invited everyone attending to introduce themselves. He congratulated John Holecek on becoming a grandfather for the fifth time, and Will Parry for being a Nominee for the Jefferson Award as well as the 7th Congressional District delegate to the White House Conference on Aging. Margaret Casey, ADS staff will be the alternate delegate. Gabe then introduced Andrea Cohen, Communications Development Consultant, who provided training on Compassionate Listening.

In association with the Area Agency on Aging for Seattle-King County and sponsored by:



City of Seattle



King County

PROGRAM TOPIC
SOCIAL & CIVIC ENGAGEMENT: COMPASSIONATE LISTENING

Andrea Cohen discussed experiences she has had that demonstrated the power of Compassionate Listening, including her work facilitating dialogues between Germans and Holocaust survivors. She indicates dialogues where one listens “with their heart” can be both cathartic and healing. She described the **Core Practices of Compassionate Listening** which include:

- Listening with your heart to understand what lies beneath the surface of a person’s “position”
- Speaking from the heart using language that reflects a healing intention and genuine curiosity
- Respecting yourself and others by having a deep intention to “do no harm”
- Developing a Fair Witness approach by suspending judgment and staying “present” even when another’s position triggers an intense reaction
- Cultivating compassion with empathy and gratitude

Listening Tips Ms. Cohen shared included:

Do...

- Learn enough about the other’s culture to avoid being rude
- Be sincere in your desire to connect
- Validate the other’s experience regardless of his or her convictions
- Seek to let go of your emotional “triggers” so you can remain present to the other person
- Take on the role of healer

Don’t...

- Interrupt
- Give advice
- Be judgmental
- Seek to change the other’s perception

Working in pairs, those present participated in a Compassionate Listening exercise with one listening to their partner talk without interrupting for several minutes, and then switching roles. Participants debriefed the exercise, sharing their observations. Ms. Cohen indicates this exercise is one of many that can teach Compassionate Listening skills. She typically provides trainings lasting anywhere from a half day to two days that focus on building a variety of listening skills.

BUSINESS MEETING

Action Taken: It was moved/seconded and passed that the February 11, 2005 minutes be approved as presented.

COMMITTEE AND TASK FORCE REPORTS

Tom Rasmussen, City Councilmember shared a **Performance Report on Elder Abuse Investigations** from the Seattle Police Department that indicates reports of elder abuse increased 12% from 2003 to 2004. The Police Department has 12 detectives in its Domestic Violence and Family Protection Unit; one is dedicated to elder abuse. Councilmember Rasmussen had requested an additional detective be added to work on elder abuse, but being unable to obtain that, did receive Council's agreement to hear performance reports on Elder Abuse Investigations.

Also, a public meeting to assess service needs of local residents related to Comcast Cable services will take place on March 14th, from 5:00-7:00 p.m. at the Yesler Community Center. Suggestions include having closed captioning available and to have lower rates for low-income individuals. Additional information will be available at the meeting and at seattle.gov/cable. Councilmember Rasmussen encouraged Advisory Council members to share their comments either at the meeting or to send them to: brenda.tate@seattle.gov.

Planning and Allocation Committee

Thelma Coney reported that ADS staff has started work on the Area Plan Update. Staff will propose revisions to the objectives that will be available by June, 2005 for review by the Advisory Council prior to the public review process.

Communications Committee

Maria Langlais, ADS staff, shared a chart on Senior Digest usage that indicates there are currently 352 subscribers. Though the report seems to indicate a decline in website visits or "hits" for February, not all the data has been compiled for that month. Maria also reported that the new W4A On-Line Advocacy Tool should be in place next month. This web-based pilot project, will assist individuals in sending messages to Legislators. The Advocacy Tool will be available at: www.agingwashington.org.

Health Care Task Force

Larry Verhei indicated the Task Force did not meet in March but will have a joint meeting with the Outreach & Advocacy Committee on April 8, 2005 from 10:15 to 11:45 a.m. in the 13th Floor Conference Room of the Alaska Building. He reported that the HAIL legislation relating to Hearing Aid Insurance made it through its Sunrise Hearing and was sent to the Appropriations Committee only to be tabled because of its fiscal impact. Larry also indicated that his organization, The Hearing, Speech & Deafness Center, will have a Communications Fair on May 21st and May 23rd.

Universal Design Coalition

Margaret Casey, ADS staff, indicated that the next meeting of the Universal Design Coalition will be at The Hearing, Speech & Deafness Center on April 15th from 9:30-11:30 a.m. Also, the next Aging in Place workshop will take place at Seattle Center on November 12, 2005.

Margaret reported that Seattle Pacific University students receiving instruction from Susan Duncan have developed Universal Design elements that will be included in a home built by a local developer in time for the National Association of Area Agencies on Aging (N4A) conference in July, 2005. A presentation of student's designs took place at Seattle Pacific University this week.

State Council on Aging

Joanne Brekke reported she attended the February 23rd meeting of the State Council. A representative of the Governor's office shared information on how to be most effective in communicating with their office. It is best summarized as: send small groups outside of session. The State Council on Aging sent a letter to the Legislature opposing the reduction of Medicaid resources. Joanne was successful in adding language to the letter supporting new revenues including a state income tax.

Medicare, Part D covering prescription drugs is according to Joanne a "mess" as much work defining the coverage is yet to be done. For example, by December 2005 Medicare recipients must actively choose to be enrolled, selecting from two groups of formularies that will cover a different set of drugs. However, the drug lists have not been completed so individuals at the moment have no way of knowing what drugs will be available under which of the formularies.

Outreach and Advocacy Committee

Gabe Cohen reported the Committee has reviewed initial responses to its questionnaire reviewing the Committee's 2005 activities. The early responses indicate:

- Legislative Forum was successful, because of the involvement of other groups and increased opportunities for outreach
- More priority should be given to the W4A legislative issues
- Opportunities to develop relationships with Legislators is important and should be developed outside of Advocacy Day
- Thank you notes should go to Legislators with whom members met during Advocacy Day and include appreciation for successful bills as well as those they worked on.

Gabe encouraged Advisory Council members to return their questionnaires if they have not already done so.

DIRECTOR'S REPORT

Rosemary Cunningham, ADS Staff reported on two items. First, the current plan is to move the Human Services Department (HSD) to the Seattle Municipal Tower in June, 2006. Also, ADS is analyzing the impact of potential cuts to Block Grant funding which supports a wide variety of HSD programming.

Tom Rasmussen added that the \$14 million the City currently receives in Block Grant funding could be cut in half. A public rally in opposition of the proposed cuts was recently held, that included City Council members and providers.

Don Moreland is being honored at Congressman Jim McDermott's upcoming "Celebrating Our Roots" festival for his years of service and activism within Seattle's gay and lesbian community.

The meeting was adjourned at 2:00 p.m.

NEXT MEETING

**Friday, April 8, 2005
12:00 – 2:00 p.m.
13th Floor Conference Room
Alaska Building
618 Second Ave, Seattle, WA 98104
www.adsadvisorycouncil.org**

Larry Low, Secretary _____